A TREATISE

ON THE ART OF

PRESERVING FRUITS

HERMETICALLY.

CONTAINING

A PRECISE METHOD FOR PREPARING ALL KINDS OF

Fruits, Tomatoes, Corn,

ETC., ETC.,

ALSO, INSTRUCTIONS FOR SELECTING THE BEST SELF-SEALING JARS,

BY AN EXPERIENCED PRESERVER.

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TREATISE

ON THE

The Art of Preserving Fruit Hermetically.

The preserving of fruits by hermetically sealing in glass jars or tin cans has increased rapidly in the last eight or ten years, and become so popular that there are very few families in moderate circumstances who do not avail themselves of that process to secure fresh fruit during the entire year, both in season and out.

But it is astonishing how few know how to preserve fruit properly—to retain that original flavor and freshness peculiar to each particular kind.

Most of the families or consumers that succeed in keeping fruit at all, think they have succeeded entirely, and understand the process fully, when at the same time if you inspect their fruits, you will find them very soft and of a mushy appearance, oftentimes fallen to pieces, and showing no solidity whatever, and if you taste them, you find a sour flavor, en-

tirely foreign to the fruit, and all the solidity and original flavor destroyed, simply because they do not thoroughly understand the process of keeping fruits properly.

The want of a treatise on fruit preserving, has long been felt by the public, and in putting this small work before the public; I propose to supply that want to a certain extent, and if I only partially succeed, it may be followed by others more competent for that purpose than myself, and if such proves to be the case, I shall feel that I have not labored in vain.

There are many more different points to be observed in preserving fruits properly than the public generally suppose, to which we will call your attention as we progress.

The selection of fruits is a very important matter. You should always be sure that your fruit is perfectly ripe and fresh, and always avoid such as is bruised or slightly decayed, for after fruit has once lost that freshness and original flavor by growing stale and becoming wilted, you cannot expect to restore it; therefore, the necessity of always selecting fruit that is ripe, fresh and solid.

Always avoid cooking fruit longer than necessary to prevent fermentation—the larger fruits are, the more they should be cooked, and *vice versa.* The proper length of time required for cooking each particular kind of fruit can be ascertained by referring to the receipts affixed to this small work, also, the quantity of sugar required per quart, for each kind of fruit.

The quantity of sugar required is a very essential point,

as not sufficient may slightly interfere with the keeping of the fruit, and too much will kill the flavor. If the fruit contains much acid it will bear more sugar than sweeter fruit, without interfering with the flavor, and at the same time, to a certain extent, assisting the keeping process.

Another very important matter is the selection of the jars to be used. In all cases avoid tin cans, as the acid in the fruit will always abstract sufficient taste from the tin to interfere with the flavor, at the same time you can seldom use tin cans the second time, in consequence of the tin corroding after you have once opened them, which makes them entirely unfit for further use, and to renew your cans annually makes preserving very expensive. In selecting your jars, I would here call your attention to certain rules, which, if strictly observed, you will find that you will never be troubled with fruits spoiling, or have them tainted in flavor by exposure of the rubber to the syrup; neither will you have a jar that cannot be easily opened, or that it will be necessary to destroy or partially injure in opening, so that it will not be fit or right for future use.

Always be careful to avoid any jar where the rubber ring is exposed to the syrup or fruit, as all rubber contains sulphur, which has a tendency to taint the fruit and discolor the syrup.

You should always avoid any jar where the rubber ring is laid on the top of the jar, for two reasons: *First*, the rubber comes in direct contact with the syrup, and next, whenever

you find a jar with the rubber ring on the top, you find the joint is made on a ground surface, which necessarily must be rough, and often unevenly ground, which will oftentimes conflict with making a tight joint. The result will be that your fruit will ferment and be lost thereby.

You also want to avoid any jar that makes its joint or has its rubber ring against the outside neck of the bottle, as a great many jars when blown in the factory are slightly warped in taking them out of the moulds while the glass is red hot, and in almost a running condition, and if a bottle is warped, although it may not be perceptible to the naked eye, and the warp cannot be detected except by actual measurement, it will often interfere with making a tight joint and keeping the fruit properly; and for the same reasons you want to avoid any jar that has the rubber ring on the inside of the neck of the jar, for if you put a true or round stopper in the neck or mouth of a bottle that is warped, it is but reasonable that your chances of a good and tight joint are very poor, and you will lose your fruit.

Always try to find a jar that will seal easy and open easy, and that can be tested when your fruit is cold; select one that seals easy, so as to do away with the aggravation of having the tops fly off, when applied to the jar when filled with hot fruit.

Select a jar that has atmospheric and mechanical pressure separate, so you can apply the cap or stopper, and from time to time, as the fruit is cooling, gradually apply your mechanical pressure.

In a jar of that kind you can always remove the mechanical pressure or fastening when the fruit is cold, and ascertain for a certainty if your jar is tight, and if not tight you will soon discover the fact, and you can then reheat and reseal your jar by setting it in a vessel of cold water, and let it come to a boil, (after cleaning your rubber and shoulder on the jar on which the rubber rests,) apply the rubber and cap, and put on your fastening once more. If your jar cannot be thus tested, and if you fail in getting a tight joint the first time, you cannot acquaint yourself of the fact until you perceive that your fruit is fermenting, and then it is too late to save it.

Get a jar that opens easy, so you do not have to spoil the cap or stopper in opening it, and so you can use the same jar another year, or rather a number of years, for if you get the right kind you can use them eight or ten years.

I know of some good jars in the market that are very good to keep fruit for one year, but so hard to open that you are compelled to use a wrench to open them, whereby you often break the caps or twist them out of shape, so you cannot use them the second year with any degree of safety; and I have often seen the glass top of the jars entirely mashed and broken by using the wrench to loosen the caps or stoppers; therefore such jars are a dead loss after once using them, at the same time it is very trying and aggravating, when you want to open a jar of fruit to be compelled to call into requisition the strength of some of the men about the house, or else leave the fruit in the jar and keep it as a closet ornament.

To buy jars that the covers have to be spoiled every time they are opened, and which have to be annually replaced with new ones, makes fruit preserving so very expensive that you come to the conclusion that it "dont pay," and the result is you are ready to abandon the process, and instead thereof you buy your fruit ready put up by the practical preserver, which is sour and tasteless in consequence of the practical preserver being compelled to pluck his fruits green, so they will bear transportation to the factory, and which sometimes lay a week or ten days after being plucked from the tree before being preserved, then after it is thoroughly wilted and tough as a piece of leather, with fermentation and decay already commenced, he will have to cook the fruit so very much to keep it, that there cannot be found in it a particle of flavor or freshness, as it never had any, because it was not permitted to hang until it ripened. These same fruits will then be offered for sale, dwelling upon the peculiar flavor, freshness, &c., while at the same time they are so sour (and otherwise tasteless) on account of not being allowed to ripen before being plucked, that they are entirely unpalatable.

I have experimented largely during the last eight or ten years in preserving fruits, and believe I have tried all the different kinds of self-sealing jars that have come under my notice, and I have found none that are so easy and simple to seal, and so easy to open, and at the same time so reliable as a preserver, as the *Hero Jar*.

It makes its joint on a flat shoulder blown in the glass on

the outside of the jar and below the top. The surface of the shoulder on which the joint is made is perfectly smooth and not rough and porous as it must be if made by grinding the top of the bottle to get a surface to lay the rubber on. The rubber being outside and below the top of the jar, the syrup cannot be exposed to it—to taint and discolor it; at the same time its shoulder blown in the mould on which the rubber rests, corresponds with the thread on which the screw fastening works, so that it insures equal pressure on all parts of the cap and rubber ring; thereby insuring a tight joint. Another reason why I like the *Hero Jar* is, because it has a metal stopper, which is not so easily broken by accident; at the same time it is not as liable to be warped in the manufacture as a glass stopper is, and if at any time it should by accident become so in the consumer's hands, the peculiar construction of the *Hero Jar* bringing all the mechanical pressure on the outer edge, and directly over the rubber ring, will always take the warp out of the metal stopper, and insure a tight and good joint nevertheless. The only objections usually found against metallic stoppers for jars, is that they will corrode, that is a grand mistake, if wiped dry before putting away after you have used the fruit out of the bottle. While the jar is sealed it cannot corrode, because air cannot get to the inner side to corrode it, and as for the Hero Jar, the caps are all Japanned on the inside, so the metal is entirely coated, and cannot corrode, no matter how wet it may be—or how much exposed. Another reason why I like the

Hero Jar, is that it has a wide mouth to take in large fruits, and no narrow neck to choke up with fruit in taking it out; so you do not have to stir the fruit out with a spoon, and thereby make a jam of it, consequently making a bad appearance on the table.

After you have succeeded in getting fresh ripe fruit in good jars according to the following recipes; place it in a dry cool place, where it is not exposed to a strong light, and you will find you have truly fresh fruit to use when wanted, and not a substitute.

Fruit should not be first cooked in a vessel and then poured into jars, as is nearly always done, for it spoils the appearance of the fruit, and you run great risk of breaking the bottle by pouring the hot fruit into the glass jar, as the expansion is too sudden and great. But if you still desire to cook your fruit first in vessels, and then put in jars, always be sure to set the jar on a cloth wet with cold water before you pour the fruit in, and you will find that you will avoid much of the breakage to which you are otherwise exposed. It may seem a little preposterous to the unsophisticated, that you avoid breakage by putting your jar on a cold wet cloth when you apply the hot fruit, but strange as it may appear, you will find it so on trial.

After you have selected your fruit, and prepared it by peeling, or otherwise, according to the kind it may be, then place it in the jar in nice layers neatly arranged, which is easily done, then refer to the recipe for that particular kind

of fruit, and ascertain how much sugar should be used to the quart. Dissolve the sugar in hot water, and pour the same over the fruit, taking care to not strike the glass with the syrup, but pour it on the fruit directly in the centre of the mouth of the jar. If you have not sufficient syrup to cover the fruit, then add hot water until the jar is full, but take care not to run the syrup over the top of the jar: then wet the rubber and place it on the shoulder, after seeing that the shoulder is clean and free from any small particles of fruit, &c., then apply the cap or stopper, and turn on the screw ring, but not too tight, after which set the jars slowly into moderately warm water, and bring to a boil over a quick fire, and continue to boil as long as required for that kind of fruit, (see recipe;) then take the jars out of the vessel, unscrew the ring for a few minutes to let out the steam and hot air, then turn on the screw again, and set the jar in a cool place, avoiding a strong draft of air, as in a strong draft one side of the jar will cool faster than the other, and the contraction not being equal, the jars are liable to crack. When the fruit is nearly cold turn on the screw ring as tight as you can with the hand, as soon as it is entirely cool; set away in a dry cool place, and it is ready for use.

In preserving small fruits, such as berries, cherries, currants, &c., if you want them to have a nice appearance, be very careful not to mash them in stemming and preparing them for the jar, so you do not burst the skins, as that will make them look ragged and spoil the clearness of the syrup, neither

should you cook them longer than really necessary, as that will burst the skins also—always see recipes for time of cooking, and quantity of sugar required to each quart of fruit.

For preserving tomatoes, peel and cook thirty minutes, then put them in the jars and screw the ring on tightly, and when nearly cold tighten the screw ring again.

For preserving green corn, cut the corn off the ear while raw, taking care not to loose the milk, put the corn in the jars with the milk of the corn—do not add water—put on the cap and screw on the ring lightly, set the jars in water within one inch of the top and boil one hour.

Beans, peas, &c., are very hard to keep, and should be boiled three or four hours.

Time for Boiling Fruits.	Quantity of Sugar to the Quart.
Cherries, . . 5 minutes.	. . . 6 ounces.
Raspberries, . . 6 "	. . . 4 "
Blackberries, . . 6 "	. . . 6 "
Strawberries, . . 8 "	. . . 8 "
Plums, . . . 10 "	. . . 8 "
Whortleberries, . . 5 "	. . . 4 "
Pie Plant, *sliced*, . 10 "	. . . 10 "
Small Sour Pears, *whole* 30 "	. . . 8 "
Bartlett Pears *in halves* 20 "	. . . 6 "
Peaches, " 8 "	. . . 4 "
" *whole* . 15 "	. . . 4 "
Pine Apple, *sliced*, . 15 "	. . . 6 "
Siberian or Crab Apple 25 "	. . . 8 "
Sour Apples, *quartered* 10 "	. . . 6 "
Ripe Currants, . 6 "	. . . 8 "
Wild Grapes, . . 10 "	. . . 8 "
Tomatoes, . . 30 "	. . . none.
Gooseberries, . . 8 "	. . . 8 ounces.
Quince, *sliced*, . . 15 "	. . . 10 "